



Myth Busting for Heart Health

It's at the heart of good health. But how much do you know about keeping your heart in top shape? Read on as we uncover the truth about your hardworking heart muscle.

MYTH #1

Only older people get heart disease.

TRUTH: Plaque can start building up in the arteries early in life. This can lead to clogged arteries long before you're a senior citizen. Old or young, talk to your doctor about your risk.

MYTH #2

Women don't have to worry about heart disease.

TRUTH: Many think of heart disease as a "man's disease." But it is the leading cause of death for women in the United States. The symptoms of heart disease can be different for women than they are for men. Talk to your doctor about what to look out for.

MYTH #3

If heart disease runs in your family, you'll get it no matter what.

TRUTH: Genetics can increase your risk of heart disease. But, the choices you make can lower that risk. Staying active, keeping a healthy weight, and not smoking can help. So can managing cholesterol, blood sugar, and blood pressure.

MYTH #4

If you have heart disease, you shouldn't exert yourself.

TRUTH: It's common to feel sleepy after a poor night's rest, but excessive daytime sleepiness — an urge to sleep when you should be fully alert — could be a sign of something more serious. Discuss any symptoms like these with your doctor.





MYTH #5

A low-fat diet is best for preventing heart disease.

TRUTH: A heart-healthy diet limits saturated and trans fats. But other fats, like those found in nuts, seeds, and fatty fish, can be good for your heart. Include them in your heart-healthy eating plan.

MYTH #6

Taking vitamins can prevent heart disease.

TRUTH: There's no proof that supplements can prevent or treat heart disease. Following a heart-healthy eating pattern is a better bet. Include heart-healthy foods like produce, whole grains, unsalted nuts, beans, and fish.



Questions about heart health?

Message a coach through the Livongo app, or schedule a coaching session.

Sources:

<https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/top-10-myths-about-cardiovascular-disease>

<https://www.cdc.gov/heartdisease/women.htm>

<https://www.health.harvard.edu/heart-health/10-myths-about-heart-disease>

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